

عنوان مقاله:

Structural modeling of relationship between mindfulness and psychological well-being based on mediating role of cognitive emotion regulation strategies in women with breast cancer

محل انتشار:

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خلاصه مقاله:

Aim: The purpose of study was to determine the mediator role of cognitive emotion regulation in the relationship between mindfulness and psychological well-being in women with breast cancer. **Method:** The research method was correlational and the statistic population were all women with breast cancer or under the auspices of the Yas Charity Foundation and Jawad Alamea Specialty Clinic in Kerman city with at least once undergone surgery in 2017, with the quantity of 413. Among which 215 people were selected through targeted sampling and individually answered to Mindful Attention Awareness Scale by Brown & Ryan (2003), Garnefski, Kraaij, & Spinhoven Cognitive Emotion Regulation Questionnaire (2001) and Ryff Psychological Well-Being Scale (1989). After exclusion of 14 distortion questionnaires and 1 outlier data the data was analyzed using structural equation modeling. **Results:** The results showed that in the $P=0.001$ level the total and direct path coefficient between mindfulness and psychological wellbeing ($\beta=0.384$) and positive cognitive emotion regulation strategies and psychological well-being ($\beta=0.582$) is significant and positive cognitive emotion regulation strategies mediates the relationship between mindfulness and psychological well-being variables ($\beta=-0.259$). **Conclusion:** These results suggest that mindfulness can affect the mental well-being of women with breast cancer by the use of positive strategies cognitive emotion regulation; therefore it is recommended that women with breast cancer be treated in environments full of calmness and adequate support and by providing services such as mindfulness so that they can promote their psychological well-being using positive cognitive regulation strategies

کلمات کلیدی:

breast cancer, cognitive regulation, emotion, mental well-being, mindfulness

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